

**Better
Homes**
and Gardens®

**Best
WOK
recipes**

Compliments of West Bend.

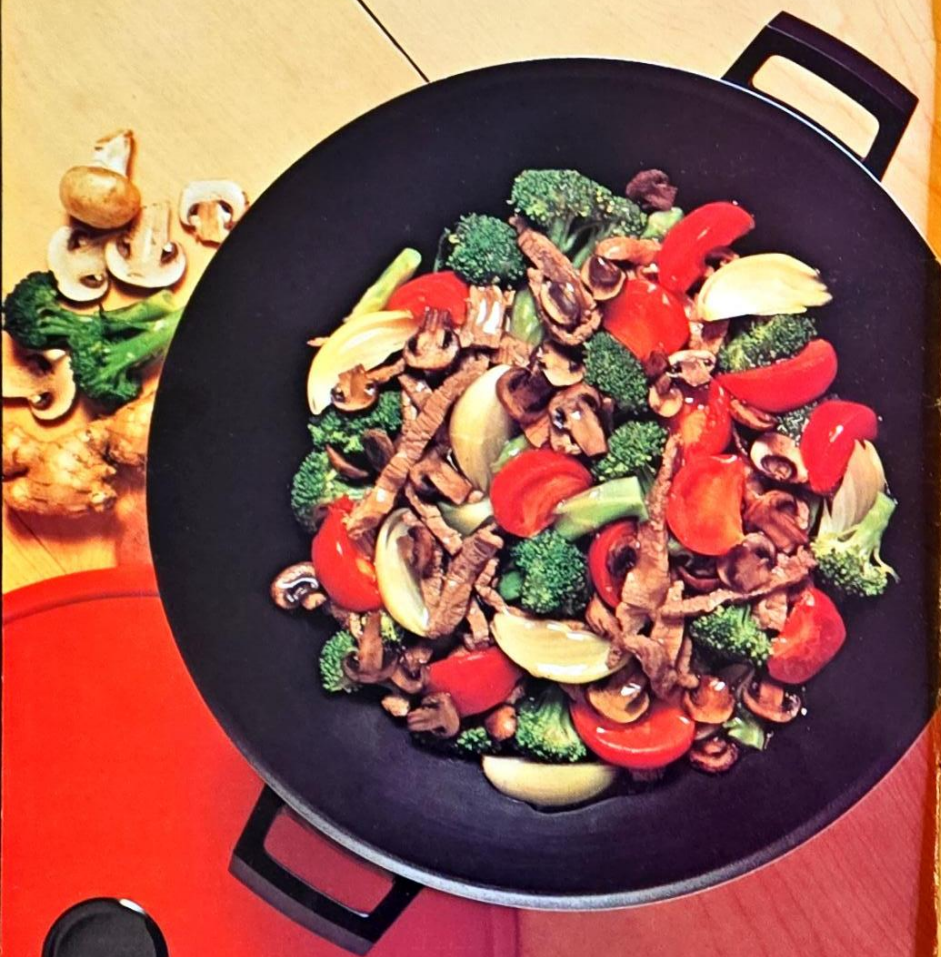
WEST BEND INTRODUCTION

Cooking with a wok is so different from other methods of cooking that it deserves a special introduction. Wok cookery is a fun and easy way to prepare delicious, creative and healthful meals. A look at the concept of wok cooking will help you understand everything that a West Bend wok can do for you.

The wok was invented by the Chinese thousands of years ago, and as such, Oriental cuisine and the wok are tied very closely together. The nature of Oriental cuisine explains the wok's design and construction. Most ingredients are cooked very quickly at a high temperature to preserve their color, crispness and flavor. Thus, the wok is cone-shaped to allow heat to be concentrated in the base area where the actual cooking takes place. Heat lessens as it travels up the wok's sloping sides, and keeps prepared foods warm while other ingredients cook in the center. In this way, each ingredient may be cooked individually, in the same utensil, and will stay hot until it's ready to be mixed with the other ingredients. It is this blending of various textures, tastes and types of food that achieves a delicious balance between contrasting meats and vegetables.

Different wok cooking techniques are suited for different types of food, naturally, but the three main wok cooking techniques — stir-frying, steaming and tempura — bring out the very best that each food has to offer. Stir-frying, where each food is cooked quickly in hot oil, then pushed up the wok sides to make room for the next food, preserves the color, flavor and crispness of vegetables and seals in the natural juices of meats and seafood. Steaming heightens the garden-freshness of vegetables, and batter-fried tempura specialties add a crisp new dimension to meats, seafood and vegetables.

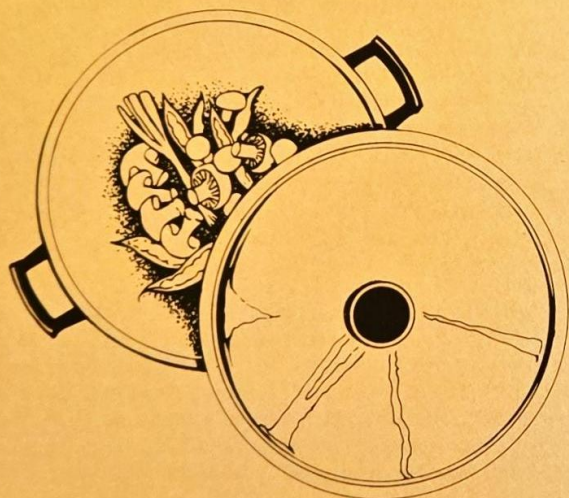
Wok cookery is set apart from other types of cooking by the way in which foods are prepared. A sharp knife and a good cutting board are needed to cut, slice, chop and dice ingredients into similar sizes and shapes for uniform cooking. Once cut, these pieces are ready to be quickly cooked and seasoned in hot oil or hot water. When served, the meal is a delightful mixture of crisp, crunchy and tender textures. And because you can prepare ingredients ahead of time, a wok is ideal for entertaining. Not only



are meals appealing and distinctively different, but getting everything ready ahead of time leaves you more time to be with your guests. A West Bend electric wok is especially nice because you can prepare a colorful meal right at the table.

When you consider why you cook — for delicious eating as well as nourishment — cooking with a wok is probably the best and the easiest way to enjoy healthful and economical meals. With that in mind, we've included in this booklet a selection of 'best wok recipes' for you to try and enjoy. You'll quickly become familiar with all the ways a West Bend wok can help you turn every meal into a special occasion, and bring you a whole new world of flavor.

Bon appetite from West Bend!



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Our seal assures you that every recipe in "Best Wok Recipes" is endorsed by the Better Homes and Gardens Test Kitchen. Each recipe is tested for family appeal, practicality, and deliciousness.

Beef Recipes

Beef and Vegetable Stir-Fry

- 1 pound beef top round steak
- 1½ cups broccoli, cut into one-inch pieces
- 3 medium carrots, bias-sliced
- 1 teaspoon cornstarch
- 1 teaspoon salt
- ½ teaspoon sugar
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- 2 tablespoons cooking oil
- 1 medium onion, cut in thin wedges
- ½ of a 10-ounce package (1 cup) frozen peas, thawed
- ½ cup water chestnuts, drained and thinly sliced
- ½ cup bamboo shoots, halved lengthwise
- Deep-Fried Rice Sticks or hot cooked rice

Partially freeze beef; slice very thinly across the grain into bite-size strips. Cook broccoli and carrots, covered, in boiling salted water 2 minutes; drain. Mix cornstarch, salt, and sugar; blend in soy sauce and sherry. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry broccoli, carrots, and onion in hot oil for 2 minutes or till crisp-tender. Remove from wok. (Add more oil, if necessary.) Add *half* the beef to hot wok; stir-fry 2 to 3 minutes or till browned. Remove beef. Stir-fry remaining beef 2 to 3 minutes. Return all meat to wok. Add peas, water chestnuts, and bamboo shoots. Stir soy mixture; stir into wok. Cook and stir till thickened and bubbly. Return broccoli, carrots, and onion to wok; cover and cook 1 minute more. Serve atop Deep-Fried Rice Sticks or with rice. Serves 4 to 6.

Deep-Fried Rice Sticks: In a saucepan, fry 2 ounces *unsoaked rice sticks*, a few at a time, in deep hot cooking oil (375°) about 5 seconds or just till sticks puff and rise to top. Remove; drain on paper toweling. Keep warm in oven. (Store any uncooked rice sticks in a tightly closed plastic bag.)

Hungarian Goulash

- 1¼ pounds beef top round steak
- ¼ cup butter or margarine
- 2 large onions, chopped
- 1 green pepper, chopped
- 1 7½-ounce can tomatoes, cut up
- ¾ cup beef broth
- 3 tablespoons paprika
- ¾ cup dairy sour cream
- 3 tablespoons all-purpose flour
- Hot cooked noodles
- 1 teaspoon salt

Partially freeze beef; thinly slice across grain into bite-size strips. In wok melt butter over medium-high heat. Add *half* the beef and stir-fry till browned; remove. Repeat with remaining beef. Stir-fry onions and green pepper till tender. Return beef to wok. Stir in *undrained* tomatoes, broth, paprika, and 1 teaspoon salt. Cover and simmer 10 to 15 minutes or till meat is tender. Blend together sour cream and flour; gradually stir in about 1 cup hot mixture. Return all to wok. Cook and stir till thickened and bubbly; cook and stir 1 minute longer. Serve over noodles. Makes 6 servings.

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Sukiyaki

- 1/2 pound beef top round steak
- 1/2 teaspoon instant beef bouillon granules
- 1/4 cup boiling water
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons cooking oil
- 2 cups thinly sliced bok choy
- 1 cup green onions, bias-sliced into 1-inch lengths
- 1/2 cup bias-sliced celery
- 8 ounces fresh tofu (bean curd), cubed
- 1 cup fresh bean sprouts or 1/2 of a 16-ounce can bean sprouts, drained
- 1/2 of an 8-ounce can bamboo shoots, drained
- 1/2 cup thinly sliced fresh mushrooms
- 1/2 of an 8-ounce can water chestnuts, drained and thinly sliced

Partially freeze beef. Slice beef very thinly across the grain into bite-size strips. Dissolve beef bouillon granules in boiling water; add soy sauce and sugar. Add cooking oil; preheat wok over high heat. Add bok choy, green onions, and celery; stir-fry 2 minutes. Remove bok choy, green onions, and celery. Add tofu, bean sprouts, bamboo shoots, mushrooms, and water chestnuts; stir-fry 1 minute. Remove vegetables. (Add more oil, if necessary.) Add the beef to hot wok; stir-fry 2 minutes or till meat is just browned. Stir beef bouillon mixture; stir into beef. Cook and stir till bubbly. Stir in vegetables. Cover and cook for 1 minute or till just heated through. Serve at once. Makes 2 or 3 servings.

No-Chop Stir-Fry

- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1/2 cup water
- 3 tablespoons dry sherry
- 1 teaspoon instant beef bouillon granules
- 1/2 teaspoon ground ginger
- 1 pound ground beef*
- 1 tablespoon cooking oil
- 1 8-ounce can sliced water chestnuts, drained
- 1 cup fresh bean sprouts
- 1 6-ounce package frozen pea pods, thawed
- 1/2 cup peanuts

Stir soy sauce into cornstarch; stir in water, sherry, bouillon granules, and ginger. Set aside. Shape beef into 3/4-inch meatballs. Add cooking oil; preheat wok over high heat. Stir-fry meatballs for 3 minutes or till browned. Drain off excess fat. Add water chestnuts, bean sprouts, and pea pods. Stir-fry 1 minute. Stir soy mixture; add to wok. Cook and stir till thickened and bubbly; cook and stir 2 minutes longer. Stir in peanuts. Serve over chow mein noodles or hot cooked rice, if desired. Makes 4 to 6 servings.

*Recipe note: Vary this recipe by substituting ground pork or ground lamb for the beef.

Beef with Peanuts

- 1 pound beef top round steak
- 1 teaspoon instant beef bouillon granules
- 1/2 cup boiling water
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons cooking oil
- 1/2 cup raw peanuts
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 4 cups chopped bok choy
- 2 cups fresh bean sprouts or 1 16-ounce can bean sprouts, drained

Partially freeze beef; slice thinly across the grain into bite-size strips. Dissolve bouillon granules in water. Blend soy sauce into cornstarch; stir in bouillon. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry peanuts over high heat in hot oil for 2 to 3 minutes or till lightly browned. Remove peanuts. Add onion and garlic; stir-fry 1 minute. Add bok choy; stir-fry 1 minute more. Add bean sprouts; stir-fry 1 minute more. Remove vegetables. (Add more oil, if necessary.) Add half the beef to hot wok; stir-fry 2 to 3 minutes or till browned. Remove beef. Stir-fry remaining beef 2 to 3 minutes. Return all meat to wok. Stir soy mixture and stir into beef. Cook and stir till thickened and bubbly. Stir in vegetables; cover and cook 1 minute. Stir in peanuts. Serve at once. Serves 6.

Burgundy Beef

- 1 pound beef flank steak or beef top round steak
- 1 medium green pepper
- 3/4 cup beef broth
- 1/2 cup white or red burgundy
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons cooking oil
- 1 1/2 cups sliced fresh mushrooms
- 1 1/2 cups frozen small whole onions
- Hot cooked noodles

Partially freeze beef; thinly slice across grain into bite-size strips. Cut green pepper into 1-inch squares. Mix broth, wine, flour, salt, and pepper; set aside. Add cooking oil; preheat wok over high heat. Stir-fry half of meat 2 to 3 minutes or till just brown; remove. Repeat with remaining meat. Stir-fry mushrooms and onions over medium-high heat 4 minutes or till almost tender. Add green pepper; stir-fry 5 minutes. Stir wine mixture; add to wok. Cook and stir till thickened and bubbly; cook and stir 1 minute longer. Return beef to wok; heat through. Serve over hot noodles. Makes 6 servings.

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Beef-Cucumber Stir-Fry

- 1 pound beef top round steak
- 2 medium cucumbers
- ¼ teaspoon instant beef bouillon granules
- ¼ cup boiling water
- 3 tablespoons soy sauce
- 2 tablespoons dry sherry
- 2 teaspoons cornstarch
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 8 green onions, bias-sliced into 1-inch lengths
- ½ cup coarsely shredded carrot

Partially freeze beef. Slice beef very thinly across the grain into bite-size strips. Peel cucumbers; cut cucumbers into 1-inch-thick slices and seed. Dissolve bouillon in boiling water. Blend soy sauce and sherry into cornstarch; stir into beef bouillon. Set aside. Add cooking oil; preheat wok over high heat. Stir-fry garlic in hot oil for 30 seconds. Add green onions and carrot and stir-fry 1½ minutes. Add cucumbers and stir-fry 30 seconds more. Remove onions, carrot, and cucumbers. (Add more oil, if necessary.) Add half the beef to hot wok; stir-fry 2 to 3 minutes or till browned. Remove beef. Stir-fry remaining beef 2 to 3 minutes. Return all meat to wok. Stir bouillon mixture and stir into beef. Cook and stir till thickened and bubbly. Stir in onions, cucumbers, and carrot; cover and cook 2 minutes. Makes 4 to 6 servings.

Beef with Pea Pods

- 1 pound beef top round steak
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 2 tablespoons soy sauce
- 2 tablespoons Oyster Sauce (optional) (see recipe on page 9)
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- ½ teaspoon grated gingerroot
- 2 cups fresh pea pods or 1 6-ounce package frozen pea pods, thawed
- ½ of 8-ounce can (½ cup) water chestnuts, drained and thinly sliced

Partially freeze beef; slice thinly across the grain into bite-size strips. In small bowl mix cornstarch, sugar, ½ teaspoon salt, and ½ teaspoon pepper. Blend in soy sauce; oyster sauce, if desired; and ¼ cup water. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry garlic and gingerroot in hot oil for 30 seconds. Add pea pods and water chestnuts to wok. Stir-fry about 1 minute. Remove pea pods and water chestnuts from wok. (Add more oil if necessary.) Add half the beef to hot wok; stir-fry 2 to 3 minutes or till browned. Remove beef. Stir-fry remaining beef 2 to 3 minutes. Return all meat to wok. Stir soy mixture and stir into beef. Cook and stir till mixture is thickened and bubbly. Stir in pea pods and water chestnuts; cover and cook 1 minute. Serve at once. Makes 4 servings.

Beef and Vegetables with Oyster Sauce

- 1 pound beef top round steak
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- ¼ cup Oyster Sauce (see recipe, below)
- 2 tablespoons dry sherry
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 1 cup celery, bias-sliced into ½-inch lengths
- 1 10-ounce package frozen peas, thawed
- 3 cups chopped bok choy

Partially freeze beef; slice very thinly across the grain into bite-size strips. Blend soy sauce into cornstarch; stir in oyster sauce and dry sherry. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry garlic in hot oil for 30 seconds. Add celery; stir-fry 1 minute. Add peas; stir-fry 1 minute more. Remove celery and peas. Add bok choy; stir-fry 1 minute. Remove bok choy. (Add more oil, if necessary.) Add half the beef to hot wok; stir-fry 2 to 3 minutes or till browned. Remove beef. Stir-fry remaining beef 2 to 3 minutes. Return all meat to wok. Stir oyster sauce mixture; stir into beef. Cook and stir till thickened and bubbly. Stir in vegetables; cover and cook 2 minutes. Serve at once. Serves 4 to 6.

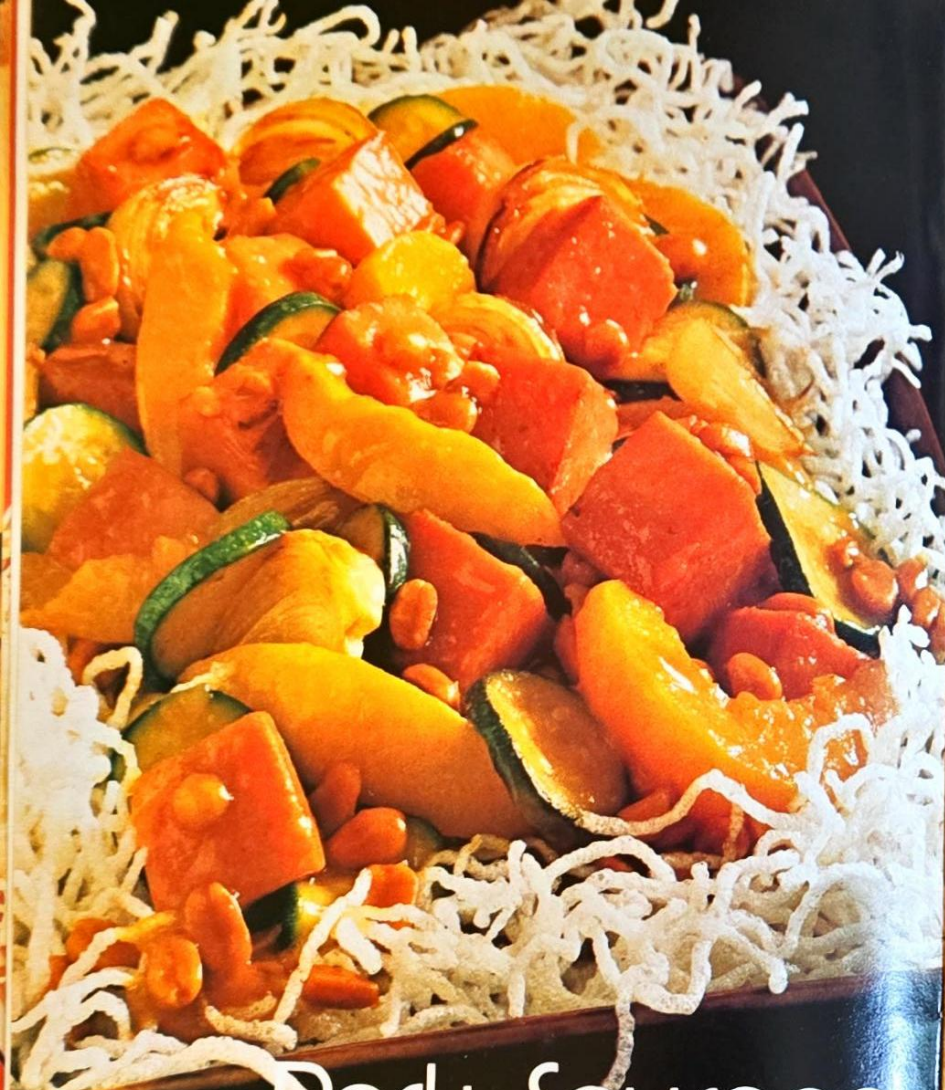
Oyster Sauce

- 1 pint shucked oysters
- Water
- ¼ cup soy sauce
- Few drops kitchen bouquet (optional)

Drain oysters, reserving liquid. Add enough water to reserved liquid to measure 1 cup. In saucepan combine oysters, the 1 cup liquid, soy sauce, and kitchen bouquet, if desired. Cook, stirring constantly, about 5 minutes or till oysters curl. Cool. Pour half of the mixture into a blender container. Cover and blend till smooth; remove from blender. Repeat with remaining mixture. Pour sauce into jar with a screw-top lid. Store, covered, in the refrigerator (keeps for several weeks). Makes 2½ cups.

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Low	275°-300°		



Pork, Sausage & Lamb Recipes

Peach and Ham Stir-Fry

- ½ cup orange juice
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 16-ounce can peach slices
- 2 tablespoons cooking oil
- ¾ cup peanuts
- 1 teaspoon grated gingerroot
- 1 onion, cut into thin wedges
- 2 zucchini, thinly sliced
- 2 cups cubed fully cooked ham
- Deep-Fried Rice Sticks
(see recipe, page 5)

Blend orange juice into cornstarch; stir in soy, sugar, and lemon juice. Set aside. Drain peaches; reserve syrup for another use. Add cooking oil; preheat wok over high heat. Stir-fry peanuts 2 to 3 minutes or till toasted; remove from wok. Stir-fry gingerroot 30 seconds. Add onion; stir-fry 2 minutes. Add zucchini; stir-fry 1 minute. Remove vegetables from wok; add more oil if needed. Stir-fry ham in hot oil 2 minutes. Stir orange juice mixture; add to wok. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Stir in peaches, peanuts, and vegetables; cover and cook 1 to 2 minutes. Serve over rice sticks if desired. Serves 6.

Mandarin Twice-Cooked Pork

- 1 pound boneless pork shoulder
- ½ cup water
- 3 tablespoons dry sherry
- 2 tablespoons sliced green onion
- 1 teaspoon grated gingerroot
- 2 tablespoons sweet bean sauce
- 2 tablespoons hot bean sauce
- 2 tablespoons soy sauce
- 1 tablespoon water
- 2 teaspoons sugar
- 1 tablespoon cooking oil
- 3 medium green peppers, cut
into ¾-inch pieces
- 2 cloves garlic, minced

In wok combine pork, the ½ cup water, sherry, green onion, and gingerroot. Cover; simmer 25 to 30 minutes. Drain; cool. Discard liquid. Slice meat very thinly into bite-size pieces. Combine sweet bean sauce, hot bean sauce, soy sauce, the 1 tablespoon water, and sugar. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry green peppers and garlic in hot oil for 2 to 3 minutes. Remove green peppers. (Add more oil, if necessary.) Add the pork to hot wok; stir-fry for 2 to 3 minutes. Stir soy mixture; stir into pork. Cook and stir till bubbly. Stir in green peppers; cover and cook for 1 minute. Serve at once. Makes 4 servings.

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Peppery Pork

- 1 pound boneless pork
- ¼ cup soy sauce
- 2 teaspoons cornstarch
- ⅓ cup water
- ½ teaspoon pepper or crushed Szechwan pepper
- 2 tablespoons cooking oil
- 1 teaspoon grated gingerroot
- 1 clove garlic, minced
- 2 cups chopped Chinese cabbage
- 6 green onions, bias-sliced into 1-inch lengths
- 1 8-ounce can bamboo shoots, drained

Partially freeze pork; slice thinly into bite-size strips. In small bowl blend soy sauce into cornstarch; stir in water and pepper. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry gingerroot and garlic in hot oil for 30 seconds. Add Chinese cabbage; stir-fry 2 minutes. Add green onions and bamboo shoots; stir-fry 1 minute more. Remove vegetables. (Add more oil, if necessary.) Add half the pork to hot wok; stir-fry 2 minutes. Remove pork. Stir-fry remaining pork 2 to 3 minutes. Return all meat to wok. Stir soy mixture; stir into pork. Cook and stir till thickened and bubbly. Stir in Chinese cabbage, green onions, and bamboo shoots; cover and cook 1 minute. Serve at once. Makes 4 servings.

Pork and Vegetables with Browned Butter

- ½ teaspoon dry mustard
- ¼ teaspoon onion powder
- ¼ teaspoon pepper
- 1 2-pound smoked pork shoulder roll
- 3 sweet potatoes, peeled and sliced 1½ inches thick*
- 2 10-ounce packages frozen brussels sprouts*
- ½ cup butter or margarine
- ¼ cup sliced green onion
- 2 tablespoons lemon juice

Combine mustard, onion powder, and pepper; rub over pork. Pour boiling water into wok to reach ½ inch below steamer rack. Place pork on rack; cover wok and steam 1¼ hours. Arrange potatoes on second steamer rack and place over meat; cover and steam 30 minutes. Add brussels sprouts to potatoes; sprinkle with salt and pepper. Cover and steam 25 minutes or till done. In skillet heat and stir butter and onion till light brown. Stir in lemon juice; spoon over vegetables. Makes 6 servings.

***Recipe note:** If you have only one steamer rack, use only 2 potatoes and 1 package brussels sprouts. Add vegetables to pork at times indicated above.

Pepperoni-Vegetable Supper

- 2 slices bacon, cut up
- 6 ounces pepperoni, sliced ½-inch thick
- 1 small onion, chopped
- 1 small clove garlic, minced
- 2 medium potatoes, peeled and cubed
- 1½ cups Italian-style cooking sauce
- ½ cup water
- 1½ cups zucchini, cut into julienne strips
- 1 cup frozen cut green beans

In wok cook bacon over medium-high heat till crisp; drain, reserving drippings in wok. Set bacon aside. Stir-fry pepperoni, onion, and garlic in reserved drippings till onion is tender but not brown; drain off excess fat. Add potatoes; stir-fry for 3 minutes. Stir in cooking sauce and water; cover; simmer for 20 minutes. Stir in zucchini and beans; cover and simmer 20 minutes longer or till vegetables are tender. To serve, sprinkle with reserved bacon. Makes 4 servings.

Crab and Pork Stir-Fry

- ½ pound pork tenderloin
- 1 6-ounce package frozen crab meat, thawed
- 1 cup chicken broth
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon dry sherry
- 1 tablespoon cooking oil
- 2 cloves garlic, minced
- 2 medium carrots, thinly bias sliced (1 cup)
- 2 cups fresh pea pods or one 6-ounce package frozen pea pods, thawed
- Hot cooked rice

Partially freeze pork; cut on the bias into thin slices. Cut crab into bite-size pieces. For sauce, stir together chicken broth, soy sauce, cornstarch and sherry. Set aside.

Add cooking oil; preheat wok over high heat. (Add more oil as necessary during cooking.) Stir-fry garlic in hot oil for 15 seconds. Add carrots; stir-fry for 2 minutes. Add pea pods; stir-fry about 2 minutes or till vegetables are crisp-tender. Remove vegetables from the wok. Add all the pork to the hot wok. Stir-fry pork about 3 minutes or till no longer pink. Push pork from center of the wok.

Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Return vegetables to the wok; stir ingredients together to coat with sauce. Gently stir in crab. Cover and cook for 1 minute. Serve immediately over rice. Makes 4 servings.

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Fiesta Tostadas

- Cooking oil
- 4 6-inch corn or flour tortillas
- 1 pound ground pork, bulk pork sausage, bulk Italian sausage, or chorizo
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cloves garlic, minced
- $\frac{1}{3}$ cup bottled taco sauce
- $\frac{1}{2}$ teaspoon salt
- Few dashes bottled hot pepper sauce
- 2 cups shredded lettuce
- 1 cup shredded cheddar cheese (4 ounces)
- 1 large avocado, seeded, peeled, and sliced
- 1 small tomato, chopped
- Bottled taco sauce

In a heavy skillet, heat about $\frac{1}{4}$ inch of oil over medium heat. Fry one tortilla at a time for about 30 seconds on each side or till crisp and golden. Drain on paper toweling. Keep warm in 300° oven while preparing meat mixture.

In wok, stir-fry pork, onion, green pepper, and garlic over medium-high heat till pork is done. Drain off fat. Stir in the $\frac{1}{3}$ cup taco sauce, the salt, and hot pepper sauce.

To assemble, place a warm tortilla on serving plate; spoon on meat mixture, lettuce, cheese, avocado, and tomato. Top with additional taco sauce, if desired. Makes 4 servings.

Fiesta Tacos: Use ingredients listed above, except use 8 tortillas. Heat oil as directed above; fry one tortilla 10 seconds or till limp. With tongs, fold tortilla in half and continue frying, holding edges apart, $1\frac{1}{4}$ to 1 $\frac{1}{2}$ minutes longer or till tortilla is crisp. Drain on paper toweling. Repeat with remaining tortillas. Prepare meat mixture as directed above; fill the folded shells.

Hearty Cassoulet

- $\frac{1}{2}$ pound bulk pork sausage
- $\frac{1}{2}$ pound boneless pork or lamb, cut into $\frac{1}{2}$ -inch pieces
- 1 medium onion, chopped
- 1 medium stalk celery, chopped
- 1 medium carrot, chopped
- 1 clove garlic, minced
- 1 $7\frac{1}{2}$ -ounce can tomatoes, cut up
- $\frac{1}{2}$ cup dry white wine or apple juice
- 1 15-ounce can navy beans, drained
- 1 15-ounce can garbanzo beans, drained
- 2 teaspoons instant beef bouillon granules
- 1 teaspoon dried thyme, crushed
- 1 bay leaf

Shape sausage into $\frac{3}{4}$ -inch meatballs. In wok stir-fry sausage meatballs on all sides over medium-high heat till brown. Remove from wok, reserving drippings in wok. Add pork or lamb pieces to wok; stir-fry over medium-high heat till meat is lightly browned. Remove from wok, reserving 2 tablespoons drippings in wok (or add cooking oil to wok if necessary). Stir-fry onion, celery, carrot, and garlic in reserved drippings till onion is tender but not brown. Return sausage and pork or lamb to wok. Add undrained tomatoes and wine or apple juice. Stir in navy beans, garbanzo beans, bouillon granules, thyme, and bay leaf. Bring to boiling. Cover and cook over low heat for 45 to 60 minutes. Remove bay leaf before serving. Makes 6 servings.

Five-Spice Lamb Stir-Fry

- 1 pound boneless lamb
- $\frac{1}{3}$ cup dry white wine
- 3 tablespoons teriyaki sauce
- 1 clove garlic, minced
- $\frac{1}{2}$ teaspoon five-spice powder
- 2 teaspoons cornstarch
- 2 tablespoons cooking oil
- 6 green onions, bias sliced into 1-inch pieces
- Hot cooked rice or cellophane noodles

Partially freeze lamb; thinly slice into bite-size strips. For marinade combine wine, teriyaki sauce, garlic, and fivespice powder. Add lamb, stirring to coat well. Marinate at room temperature 30 minutes (or cover and refrigerate 2 hours). Drain meat, reserving $\frac{1}{4}$ cup marinade; add water to reserved marinade to make $\frac{3}{4}$ cup liquid. Stir into cornstarch; set aside.

Add cooking oil; heat wok over high heat. Stir-fry green onions 1 minute. Remove onions. Stir-fry *half* the lamb at a time for 2 to 3 minutes; remove. Return all lamb to wok. Stir cornstarch mixture; stir into wok. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Stir in green onions. Cook and stir 1 minute more. Serve over rice or noodles. Makes 4 servings.

Lamb-Lentil Stew

- 2 tablespoons cooking oil
- 1 pound boneless lamb, cut into 1-inch pieces
- 4 cups beef broth
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 bay leaves
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano, crushed
- $\frac{1}{4}$ teaspoon salt
- Dash pepper
- 1 cup dried lentils
- 2 stalks celery, sliced
- 2 medium carrots, cut into 1-inch pieces

Add cooking oil; preheat wok over high heat. Stir-fry lamb, *half* at a time, in the hot oil till browned; remove. Drain excess fat from wok. Return all meat to wok; stir in beef broth, onion, garlic, bay leaves, tomato paste, oregano, salt, and pepper. Bring to boiling; reduce heat and simmer, covered, for 30 minutes. Rinse lentils; add to lamb mixture. Stir in celery and carrots. Cover and simmer about 45 minutes more or till lamb and vegetables are done. Remove bay leaves. Makes 6 servings.

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Low	275°-300°		

Chicken Recipes



Festive Chicken

- 2 tablespoons cooking oil
- 1 medium onion, chopped
- 1 small green pepper, cut into strips
- 1 clove garlic, minced
- 2 teaspoons curry powder
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon ground cloves
- 1 16-ounce can tomatoes, cut up
- ¼ cup dried currants
- ½ teaspoon salt
- 1 2½-to 3-pound broiler-fryer chicken, cut up
- ¼ cup sliced almonds, toasted
- Hot cooked rice

Add cooking oil; preheat wok over high heat. Stir-fry onion, green pepper, and garlic for 3 to 5 minutes or till onion is tender. Add curry, thyme, and cloves; stir-fry 2 minutes longer. Stir in *undrained* tomatoes, currants, and salt. Add chicken pieces, spooning tomato mixture over chicken. Bring to boiling; reduce heat. Cover and simmer for 35 to 40 minutes or till chicken is tender. Remove chicken. Boil sauce, uncovered, about 10 minutes or till reduced to desired consistency. Skim off fat. Return chicken to wok; heat through. Garnish with almonds. Serve with rice. Makes 4 to 6 servings.

Chicken with Walnuts

- 1½ pounds whole chicken breasts, skinned, split, and boned
- 3 tablespoons soy sauce
- 2 teaspoons cornstarch
- 2 tablespoons dry sherry
- 1 teaspoon grated gingerroot
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon crushed red pepper
- 2 tablespoons cooking oil
- 2 medium green peppers, cut into ¾-inch pieces
- 4 green onions, bias-sliced into 1-inch lengths
- 1 cup walnut halves

Cut chicken into 1-inch pieces. Set aside. In small bowl blend soy sauce into cornstarch; stir in dry sherry, gingerroot, sugar, salt, and red pepper. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry green peppers and green onions in hot oil 2 minutes or till crisp-tender. Remove from wok. Add walnuts to wok; stir-fry 1 to 2 minutes or till just golden. Remove from wok. (Add more oil, if necessary.) Add *half* of the chicken to *hot* wok; stir-fry 2 minutes. Remove from wok. Stir-fry remaining chicken two minutes. Return all chicken to wok. Stir soy mixture; stir into chicken. Cook and stir till thickened and bubbly. Stir in vegetables and walnuts; cover and cook 1 minute more. Serve at once. Garnish with fresh kumquats and serve with hot cooked rice, if desired. Makes 4 to 6 servings.

West Bend Temperature Guide

Simmer	Simmer	Medium	325°-350°
Steam	225°	Medium-High	375°
Boil	250°	High	400°
Low	275°-300°		

Chicken and Hot Peppers

- 1 8¼-ounce can pineapple slices
- 1½ teaspoons cornstarch
- 2 tablespoons soy sauce
- 2 whole chicken breasts skinned, split, boned, and cut into 1-inch pieces
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 6 green onions, bias-sliced into 1-inch lengths
- 1 4-ounce can green chili peppers, rinsed, seeded, and chopped

Drain pineapple; reserve ½ cup syrup. Quarter pineapple slices. Blend reserved syrup into cornstarch; stir in soy sauce. Add chicken; marinate 30 minutes at room temperature. Drain chicken, reserving marinade.

Add cooking oil; preheat wok over high heat. Stir-fry garlic in hot oil 30 seconds. Add green onions; stir-fry 1 minute. Add chili peppers; stir-fry 1 minute more. Remove vegetables. (Add more oil, if necessary.) Add half the chicken to hot wok; stir-fry 2 to 3 minutes. Remove chicken. Stir-fry remaining chicken 2 to 3 minutes. Return all chicken to wok. Stir marinade; stir into chicken. Cook and stir till thickened and bubbly. Add onions, peppers, and pineapple; cover and cook 1 minute. Serves 4.

Chicken Luau

- 1¼ cups milk
- 1 3½-ounce can shredded coconut
- ¼ cup cooking oil
- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 1 large onion, chopped
- 1 13¼-ounce can chicken broth
- 3 medium sweet potatoes, peeled and sliced ½ inch thick
- 1 pound fresh spinach, chopped
- 2 tablespoons cornstarch

In saucepan heat milk just to boiling. Add coconut and simmer 5 minutes. Strain milk, pressing coconut against side of strainer. Discard coconut; let milk cool.

Add cooking oil; preheat wok over medium heat. Brown chicken pieces in hot oil on all sides. Add onion; cook till tender. Add broth and 1 teaspoon salt. Cover and simmer for 15 minutes. Add potatoes; simmer, covered, 25 minutes or till chicken and potatoes are tender. Top with spinach; sprinkle with ½ teaspoon salt. Cover and simmer 5 minutes or till spinach is done. Remove spinach, potatoes, and chicken. Stir cooled milk into cornstarch; stir into pan juices. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Return chicken and vegetables to wok; heat through. Makes 4 to 6 servings.

Chicken Veronique

- 2 whole large chicken breasts
- 2 tablespoons butter or margarine
- 1 cup sliced fresh mushrooms
- 2 tablespoons sliced green onion
- ½ cup chicken broth
- 1 tablespoon all-purpose flour
- 1 cup seedless grapes, halved
- ¼ cup dry white wine
- Hot cooked rice

Skin, halve lengthwise, and bone chicken breasts. Cut chicken breasts into 1-inch pieces; set aside. In wok melt butter or margarine over medium-high heat. Stir-fry mushrooms and onions in butter about 2 minutes or till soft. Add chicken pieces and stir-fry about 5 minutes or till chicken is done. Blend chicken broth and flour; add to chicken mixture. Cook and stir till thickened and bubbly; cook and stir 1 minute longer. Stir in grapes and wine; heat through. Serve at once over rice. Makes 4 or 5 servings.

Sesame Chicken and Celery

- 1 whole large chicken breast
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 2 teaspoons grated gingerroot
- ¼ cup chicken broth
- 1 teaspoon cornstarch
- 2 tablespoons cooking oil
- 3 stalks celery, bias sliced
- 4 green onions, bias sliced
- Hot cooked rice
- 2 tablespoons sesame seed, toasted

Skin, halve lengthwise, and bone chicken; cut into 1-inch pieces. Place in small bowl. Add sherry, soy, and gingerroot; stir to coat. Let stand at room temperature 20 minutes. Stir broth into cornstarch; set aside.

Add cooking oil; preheat wok over high heat. Stir-fry celery and onions 2 minutes or till crisp-tender; remove. Add more oil if needed. Drain chicken, reserving soy mixture. Stir-fry chicken 3 minutes or till just browned. Add soy mixture to broth mixture; stir into wok. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Stir in vegetables. Cover and cook 1 minute. Spoon over rice; sprinkle with sesame seed. Makes 2 or 3 servings.

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Rosamarina Chicken Stir-Fry

- 2 whole medium chicken breasts
- 2 small green peppers
- 1 cup rosamarina or ditalini*
- 2 tablespoons cooking oil
- 1 medium onion, sliced
- ½ teaspoon ground cumin
- ½ teaspoon ground red pepper
- 1 8-ounce can whole kernel corn, drained
- ¼ cup chopped canned green chili peppers
- ¾ teaspoon salt
- 2 tomatoes, peeled and chopped
- 1 cup shredded cheddar cheese

Skin, halve lengthwise, and bone chicken breasts; cut into ½-inch cubes. Cut peppers into strips. Cook pasta according to package directions; drain. Meanwhile, add cooking oil; preheat wok over high heat. Stir-fry chicken 3 minutes or till lightly browned. Add green peppers, onion, cumin, and red pepper; stir-fry 3 minutes, adding more oil if needed. Stir in drained pasta, corn, chili peppers, and salt. Cover and cook 2 minutes or till hot. Stir in tomatoes; sprinkle with cheese. Cover and cook 2 minutes or till cheese melts. Makes 4 servings.

***Recipe note:** Rosamarina and ditalini are kinds of pasta. Rosamarina is rice-shaped, and ditalini is shaped like tiny thimbles. If they are unavailable at your supermarket, visit a specialty food shop or substitute another very small pasta.

Lemon Chicken and Zucchini

- 1 ½ pounds chicken breasts and thighs
- ¼ cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 2 tablespoons cooking oil
- 1 teaspoon grated gingerroot
- 3 ½ cups sliced zucchini
- 2 tablespoons lemon juice
- Deep-Fried Rice Sticks (see recipe, page 5)

Skin, split, and bone chicken breasts. Skin and bone chicken thighs. Cut chicken into 1-inch pieces. Blend chicken broth into cornstarch; stir in soy sauce and sugar. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry gingerroot in hot oil for 30 seconds. Stir-fry half of the zucchini 2 to 3 minutes or till crisp-tender. Remove zucchini. Stir-fry remaining zucchini 2 to 3 minutes. Remove from wok. (Add more oil, if necessary.) Add half the chicken to hot wok; stir-fry 2 minutes or till done. Remove chicken. Stir-fry remaining chicken 2 minutes. Return all chicken to wok. Stir broth mixture; stir into chicken. Cook and stir till thickened and bubbly. Add zucchini and lemon juice; cover and cook 1 minute more. Serve atop rice sticks. Makes 4 to 6 servings.

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Low	275°-300°		

Herbed Chicken and Vegetables

- 2 whole medium chicken breasts (1 ½ pounds total), skinned and boned
- ½ pound green beans, bias-sliced into 1-inch pieces
- ¼ cup chicken broth
- 3 tablespoons dry white wine
- 1 ½ teaspoons cornstarch
- ½ teaspoon sugar
- ¼ teaspoon dried marjoram, crushed
- ¼ teaspoon dried thyme, crushed
- 1 tablespoon cooking oil
- 1 medium zucchini or yellow summer squash, thinly bias sliced (1 ¼ cups)
- 5 green onions, bias-sliced into 1-inch lengths (1 cup)
- ½ cup cashews

Cut chicken into 1-inch pieces. Cook beans, covered, in a small amount of boiling salted water for 4 minutes; drain. For sauce, stir together chicken broth, wine, cornstarch, sugar, marjoram, and thyme. Set aside.

Add cooking oil; preheat wok over high heat. (Add more oil as necessary during cooking.) Stir-fry green beans and zucchini or yellow summer squash in hot oil for 1 ½ minutes. Add green onions; stir-fry about 1 ½ minutes or till vegetables are crisp-tender. Remove vegetables from the wok.

Add half of the chicken to the hot wok. Stir-fry about 3 minutes or till done. Remove chicken. Stir-fry remaining chicken about 3 minutes. Return all chicken to the wok. Push chicken from center of the wok.

Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Return vegetables to the wok; stir ingredients together to coat with sauce. Cook and stir for 1 minute. Stir in cashews. Serve immediately. Makes 4 servings.

Chicken Livers with Mushrooms

- ¼ cup chicken broth
- 2 teaspoons cornstarch
- 2 tablespoons dry sherry
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 1 large green pepper, cut into 1-inch pieces
- 1 onion, cut in thin wedges
- 2 cups sliced fresh mushrooms
- 8 ounces chicken livers, halved

Blend broth into cornstarch; stir in sherry. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry garlic in hot oil for 30 seconds. Add green pepper and onion. Stir-fry 3 minutes. Remove green pepper and onion. Add fresh mushrooms; stir-fry 1 minute. Remove mushrooms. (Add more oil, if necessary.) Add chicken livers to hot wok; stir-fry 3 to 4 minutes or till just pink. Stir broth mixture; stir into chicken livers. Cook and stir till thickened and bubbly. Stir in green pepper, onion, and mushrooms; cover and cook 2 minutes more. Serve at once. Makes 4 servings.

Fish and Seafood Recipes



Sweet-Sour Fish and Cherries

- 1 12-ounce package frozen batter-fried fish portions
- 1 tablespoon cooking oil
- 1 medium carrot, sliced
- 3 green onions, sliced
- 1 clove garlic, minced
- $\frac{3}{4}$ cup chicken broth
- $\frac{1}{4}$ cup honey
- 3 tablespoons vinegar
- $\frac{1}{2}$ teaspoons soy sauce
- 1 small green pepper
- 1 tablespoon cornstarch
- 1 cup fresh or frozen pitted tart red cherries

Cook fish portions according to package directions; keep warm. Add cooking oil; preheat wok over high heat. Stir-fry carrot, green onions, and garlic for 3 minutes. Stir in broth, honey, vinegar, and soy sauce. Bring to boiling; reduce heat. Cover and simmer about 10 minutes or till carrot is nearly tender. Cut green pepper into $\frac{1}{2}$ -inch squares; add to wok. Simmer 1 minute. Combine 2 tablespoons cold water and the cornstarch; stir into wok. Cook and stir till thickened and bubbly; cook and stir 2 minutes longer. Stir in cherries; heat through. Arrange hot fish portions on platter; top with cherry sauce. Makes 4 servings.

Broccoli and Fish Bundles

- 4 fresh or frozen fish fillets
- 1 10-ounce package frozen broccoli spears
- 2 small carrots, quartered lengthwise
- 1 tablespoon butter or margarine
- $\frac{1}{2}$ teaspoon dried dillweed
- $\frac{1}{4}$ teaspoon salt
- 2 lemon slices, halved
- $\frac{1}{4}$ cup whipping cream
- $\frac{1}{4}$ cup mayonnaise

Thaw fish, if frozen. In saucepan cook broccoli and carrots in small amount of boiling water about 5 minutes or till crisp-tender; drain. Dot fish fillets with butter or margarine; sprinkle with dill and salt. Place broccoli and carrots across fish fillets; roll up fish around vegetables and fasten with wooden picks.

Pour boiling water into wok to reach $\frac{1}{2}$ inch below steamer rack. Arrange fillets on rack; top each with a half lemon slice. Cover wok and steam 12 to 15 minutes or till fish flakes easily when tested with a fork. Meanwhile, whip cream till soft peaks form; fold in mayonnaise. Pass sauce with fish. Makes 4 servings.

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Simmer	Simmer	Medium	325°-350°
Steam	225°	Medium-High	375°
Boil	250°	High	400°
Low	275°-300°		

Fish Ratatouille

- 1 pound fresh or frozen fish fillets
- 2 tablespoons cooking oil
- 1 medium onion, thinly sliced
- 1 medium green pepper, chopped
- 1 clove garlic, minced
- 1 eggplant, peeled and cubed
- 1 7½-ounce can tomatoes, cut up
- 1 tablespoon snipped parsley
- 1 teaspoon dried basil, crushed
- ½ teaspoon salt
- ½ teaspoon sugar
- ⅓ teaspoon pepper
- ¼ cup grated Parmesan cheese

Thaw fish, if frozen. Cut fish into cubes. Add cooking oil; preheat wok over high heat. Stir-fry onion, green pepper, and garlic for 3 minutes. Add eggplant; stir-fry 5 minutes. Stir in *undrained* tomatoes, parsley, basil, salt, sugar, and pepper. Carefully stir in fish cubes. Cover and cook over low heat about 20 minutes or till fish flakes easily when tested with fork, stirring occasionally. Sprinkle with Parmesan. Makes 4 servings.

Clam and Cheese Spaghetti

- 1 pint shucked clams or two 6½-ounce cans minced clams
- 1 tablespoon cooking oil
- 3 green onions, thinly sliced
- 1 clove garlic, minced
- 1 tablespoon all-purpose flour
- 1 cup milk
- 2 tablespoons snipped parsley
- ½ teaspoon salt
- ½ teaspoon dried basil, crushed
- Dash pepper
- 8 ounces spaghetti or linguine, cooked and drained
- ¼ cup grated Parmesan cheese

Drain clams, reserving ½ cup liquid. Cut up any large clams. Add cooking oil; preheat wok over high heat. Stir-fry green onions and garlic for 2 minutes. Stir in flour. Add milk and reserved clam liquid. Cook and stir over medium-high heat till slightly thickened and bubbly; cook and stir 1 minute longer. Stir in clams, parsley, salt, basil, and pepper. Cook and stir 2 minutes longer or till clams are heated through. Add spaghetti and cheese to wok; toss to combine and heat through. Pass additional grated Parmesan cheese, if desired. Makes 4 or 5 servings.

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Paella

- 12 small clams in shells
- 8 ounces chorizo or Italian sausage links
- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 stalk celery with leaves, chopped
- 2 cloves garlic, minced
- 1 cup long grain rice
- 2 large tomatoes, peeled and chopped
- 1 bay leaf
- 1½ teaspoons salt
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon thread saffron, crushed
- 2 cups water
- 12 ounces fresh or frozen shelled shrimp
- 1 10-ounce package frozen peas

Cover clams in shells with salted water using 3 tablespoons salt to 8 cups cold water; let stand 15 minutes. Rinse. Repeat soaking and rinsing twice. Cut sausage into 1-inch pieces.

Heat wok over medium-high heat. Add sausage; stir-fry till brown on all sides. Remove sausage, reserving drippings in wok. Brown chicken in drippings about 10 minutes, turning often. Remove from wok, reserving drippings.

Stir-fry onion, green pepper, celery, and garlic about 5 minutes or till onion is tender. Stir in uncooked rice, tomatoes, bay leaf, salt, oregano, and saffron; stir-fry 1 minute. Add chicken and water; cover and simmer for 20 minutes, stirring once. Add shrimp, peas, clams, and cooked sausage. Cover and simmer about 15 minutes or till clams open and chicken and rice are done. Makes 8 servings.

Steamed Salmon with Parsley Butter

- 4 fresh or frozen salmon or other fish steaks, cut 1-inch thick
- 4 lemon or lime slices
- ¼ cup butter or margarine, softened
- 2 tablespoons snipped parsley
- 1 tablespoon sliced green onion or chopped shallot

Thaw fish, if frozen. Top each steak with a lemon or lime slice; sprinkle with salt and pepper. Pour boiling water into wok to reach ½ inch below steamer rack. Place fish on steamer rack. Cover wok and steam for 10 to 12 minutes or till fish flakes easily when tested with a fork. Remove to platter.

Meanwhile, stir together the softened butter or margarine, the parsley, and onion or shallot till well combined. Spoon about 1 tablespoon of the butter mixture onto each fish steak. Garnish with lemon or lime slices and green onion brushes, if desired. Makes 4 servings.

Peppery Crab with Asparagus

- ½ pound fresh crab meat, cooked and shelled or 1 6-ounce package frozen cooked crab meat
- ⅓ cup chicken broth
- 2 teaspoons cornstarch
- 2 tablespoons dry sherry
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- ½ teaspoon crushed red pepper
- 2 tablespoons cooking oil
- 1 teaspoon grated gingerroot
- ¾ pound asparagus, bias-sliced into 1-inch lengths (2 cups)
- ¼ cup sliced green onion

Thaw crab, if frozen. Cut crab into bite-size pieces. Blend chicken broth into cornstarch; stir in sherry, soy sauce, sugar, and crushed red pepper. Set aside.

Add cooking oil; preheat wok over high heat. Stir-fry gingerroot in hot oil for 30 seconds. Add asparagus; stir-fry 3 minutes or till crisp-tender. Add green onion; stir-fry 1 minute more. Remove asparagus and green onion. (Add more oil, if necessary.) Add crab to *hot* wok; stir-fry 1½ minutes. Stir chicken broth mixture; stir into crab. Cook and stir till thickened and bubbly. Stir in asparagus and green onion; cover and cook 2 to 3 minutes. Serve at once. Makes 3 or 4 servings.

Red Shrimp with Linguine

- 8 ounces fresh or frozen shelled shrimp
- ⅓ cup dry white wine
- 2 teaspoons cornstarch
- 1 8-ounce can tomato sauce
- 2 tablespoons butter or margarine
- ¼ cup chopped onion
- ½ medium green pepper, cut into strips
- 1 clove garlic, minced
- 4 anchovy fillets
- ¼ cup snipped parsley
- 6 ounces linguine, cooked and drained

Thaw shrimp, if frozen. In small bowl stir wine into cornstarch. Stir in tomato sauce; set aside.

In wok melt butter or margarine over medium-high heat. Stir-fry onion, green pepper and garlic for 1 minute or till vegetables are hot. Add shrimp; stir-fry 7 to 8 minutes longer or till shrimp are done. Remove mixture from wok. Add anchovies to wok, mashing with back of spoon. Stir tomato mixture; add to anchovies. Cook and stir till thickened and bubbly; cook and stir 2 minutes longer.

Return shrimp to wok; stir in snipped parsley. Cook and stir 1 minute more or till hot. Serve over hot cooked linguine. Makes 2 or 3 servings.

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Stir-Fried Shrimp with Vegetables

- 2 medium carrots
- 1 cup fresh mushrooms
- 1 pound fresh or frozen shrimp in shells
- ½ cup Chicken Broth
- 1 tablespoon cornstarch
- ¼ cup soy sauce
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 1 teaspoon grated gingerroot
- 1 cup thinly sliced cauliflower
- 2 cups chopped bok choy
- 1 cup fresh pea pods or 1 6-ounce package frozen pea pods, thawed
- 1 cup fresh bean sprouts or ½ of a 16-ounce can bean sprouts

Using sharp cleaver, thinly slice carrots and mushrooms. Thaw shrimp, if frozen. Shell and devein shrimp. Halve shrimp lengthwise. Blend chicken broth into cornstarch; stir in soy sauce and set aside.

Add cooking oil; preheat wok over high heat. Stir-fry garlic and gingerroot in hot oil for 30 seconds. Add cauliflower and carrots; stir-fry 3 minutes. Add bok choy, pea pods, mushrooms, and bean sprouts; stir-fry 2 minutes more or till vegetables are crisp-tender (be sure to keep heat high throughout). Remove vegetables to bowl. (Add more oil to wok, if necessary.) Add shrimp to *hot* wok; stir-fry 7 to 8 minutes or till shrimp are done. Push shrimp away from center of wok.

Stir chicken broth mixture and add to center of wok. Cook and stir till thickened and bubbly. Stir in vegetables; cover and cook 1 minute. Serve at once. Serves 4.

Stir-Fried Shrimp with Pineapple

- 1 pound fresh or frozen shrimp in shells
- 1 8¼-ounce can pineapple chunks
- 2 teaspoons cornstarch
- 3 tablespoons soy sauce
- 2 tablespoons cooking oil
- 1 teaspoon grated gingerroot
- 3 green onions, bias-sliced into 1½-inch lengths
- 1 8-ounce can water chestnuts, drained and sliced

Thaw shrimp, if frozen. Shell and devein shrimp. Halve shrimp lengthwise. Drain pineapple, reserving liquid. Blend reserved pineapple liquid into cornstarch; stir in soy sauce and set aside.

Add cooking oil; preheat wok over high heat. Stir-fry gingerroot in hot oil for 30 seconds. Add green onion and stir-fry 1 minute. Add water chestnuts; stir-fry 1 minute more. Remove green onion and water chestnuts. (Add more oil, if necessary.) Add shrimp to *hot* wok; stir-fry 7 to 8 minutes or till shrimp are done. Stir soy sauce mixture and stir into shrimp in wok. Cook and stir till thickened and bubbly. Stir in pineapple, green onion, and water chestnuts; cover and cook 2 minutes more. Serve at once. Makes 4 servings.



Delicious Desserts

Steamed Cakes with Fruit Sauce

- 1/3 cup butter or margarine, softened
- 1/4 cup sugar
- 1/2 teaspoon grated lemon peel
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 stiff-beaten egg whites
- 1 10-ounce package frozen raspberries, thawed
- 1 10-ounce package frozen peach slices, thawed
- 1/4 cup sugar
- 4 teaspoons cornstarch

In small mixing bowl cream butter or margarine, 1/4 cup sugar, and the lemon peel. Combine milk and vanilla. Stir together flour, baking powder, and salt; beat into creamed mixture alternately with milk mixture. Fold in the egg whites. Lightly grease six 6-ounce custard cups or line cups with paper bake cups. Divide batter among cups.

Pour boiling water into wok to reach 1/2 inch below steamer rack. Place custard cups on rack. Cover wok and steam about 25 minutes or till knife inserted off-center comes out clean. Remove from custard cups.

Drain raspberries and peaches, reserving syrup. In small saucepan combine 1/4 cup sugar and the cornstarch; stir in reserved syrup. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Cool slightly; stir in fruit. Serve over steamed cakes. Makes 6 servings.

Sugared Nuts

- 3/4 cup sugar
- 1/4 cup water
- 1 teaspoon dried tangerine peel or finely shredded orange peel
- 1/4 teaspoon ground cinnamon
- Dash salt
- 2 cups walnut or pecan halves

In wok combine sugar, water, tangerine peel, cinnamon, and salt. Bring mixture to a full rolling boil. Boil gently for 4 minutes, stirring frequently. Unplug wok.

Quickly stir in nuts, just till nuts are well coated. Turn mixture out onto waxed paper or foil. Using 2 forks, quickly separate the nuts into bite-size clusters. Cool thoroughly before serving. Makes about 3/4 pound.

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Steamed Blueberry Pudding

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup butter or margarine
- 1 beaten egg
- 1 cup milk
- 1 cup fresh or frozen blueberries
- Cream Cheese Topper

In bowl mix flours, sugar, baking powder, cinnamon, and salt. Cut in butter till mixture resembles fine crumbs. Stir together egg and milk; add to flour mixture. Stir till well mixed; fold in blueberries. Pour into a greased and floured 5½-cup mold; cover tightly with foil.

Pour boiling water into wok to reach ½ inch below steamer rack. Place mold on rack; cover wok and steam 2 hours or till pudding tests done with wooden pick. Remove to a wire rack; uncover. Cool 15 to 20 minutes. Unmold; serve with Cream Cheese Topper. Makes 6 to 8 servings.

Cream Cheese Topper: Beat one 3-ounce package softened cream cheese, ¼ cup softened butter or margarine, 1 teaspoon vanilla, and ¼ teaspoon finely shredded lemon peel till fluffy. Slowly beat in 1 cup sifted powdered sugar. Stir in 2 tablespoons milk; beat till smooth.

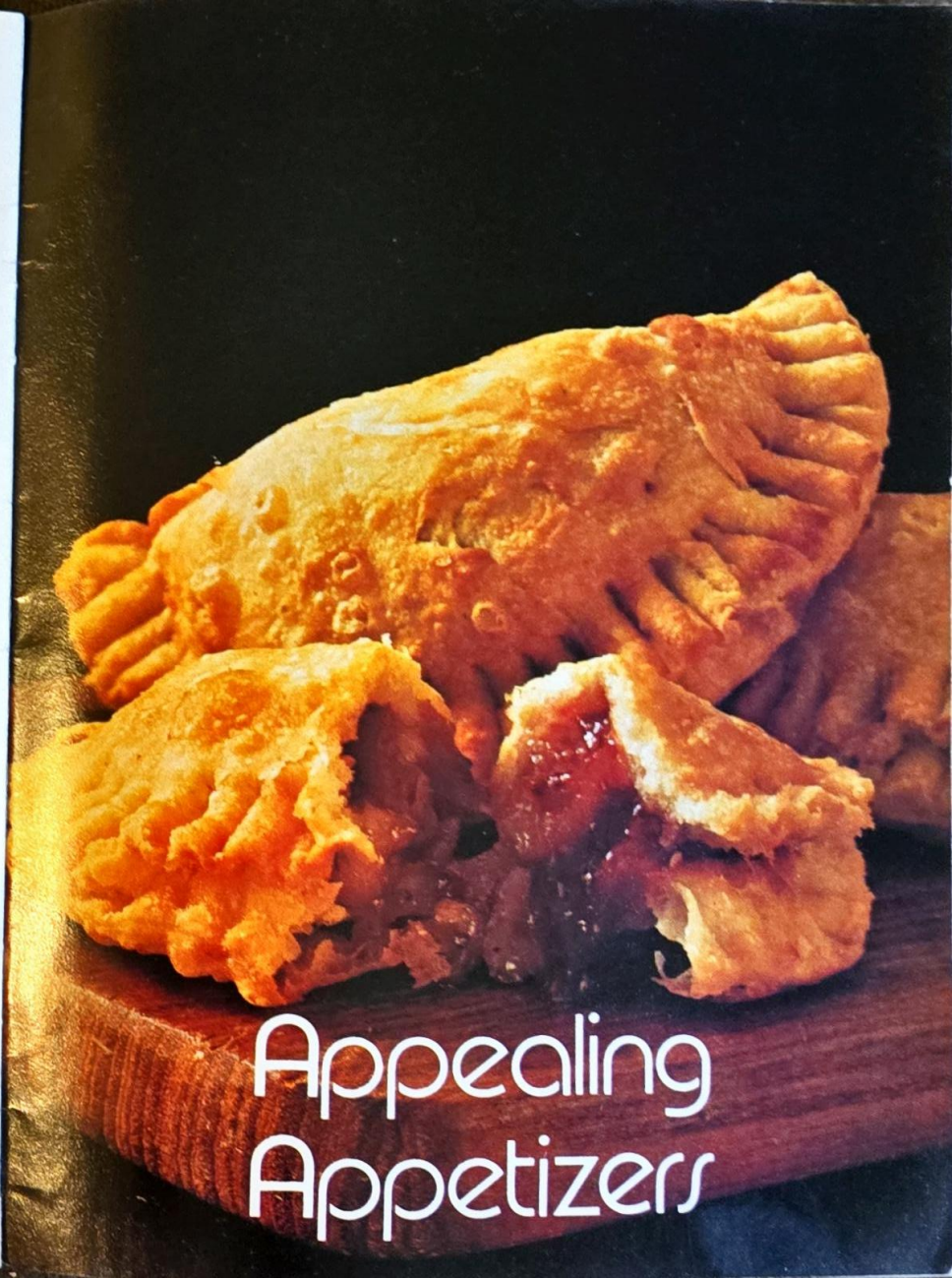
Toasted Coconut Custard

- 3 eggs
- 1½ cups light cream or milk
- ¼ cup sugar
- 2 teaspoons vanilla
- ¼ cup flaked coconut, toasted

Beat eggs with rotary beater or fork; stir in cream or milk, sugar, and vanilla. Stir in coconut. Divide mixture among 4 buttered 6-ounce custard cups. Cover each loosely with foil. Pour boiling water into wok to reach ½ inch below steamer rack. Arrange custard cups on rack. Cover wok and steam about 10 minutes or till knife inserted in center of custard comes out clean. Uncover; garnish with more toasted coconut, if desired. Makes 4 servings.

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Appealing Appetizers

Fried Pastries with Fruit and Nut Filling

- 2 cups all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon coarsely ground pepper (optional)
- ⅔ cup shortening
- ⅓ to ½ cup cold water
- 1½ cups filling
- Cooking oil

Filling

- 1½ cups chopped walnuts or pecans
- ½ cup strawberry preserves
- 1 teaspoon lemon juice
- ¼ teaspoon ground nutmeg

Toasted Snack Mix

- ¼ cup butter or margarine
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon celery salt
- ¼ teaspoon bottled hot pepper sauce
- 2 cups unsalted peanuts or almonds
- 2 cups thin pretzel sticks
- 2 cups round oat cereal

Stir together flour, salt, and pepper; cut in shortening till pieces are size of small peas. Sprinkle 1 tablespoon water over part of mixture. Gently toss with fork; push to side of bowl. Repeat till all is moistened. Divide dough in half. On floured surface roll each half to ⅛-inch thickness. Cut into 3-inch rounds. Place 1 heaping teaspoon filling in center of each; fold to make half-circle. Seal edges by pressing with tines of fork.

In wok heat ½-inch oil on high for about 10 minutes. Fry a few pastries at a time about 4 minutes or till golden, turning once. Drain on paper toweling. Makes about 32.

Stir together walnuts or pecans, preserves, lemon juice, and nutmeg. Makes about 1½ cups.

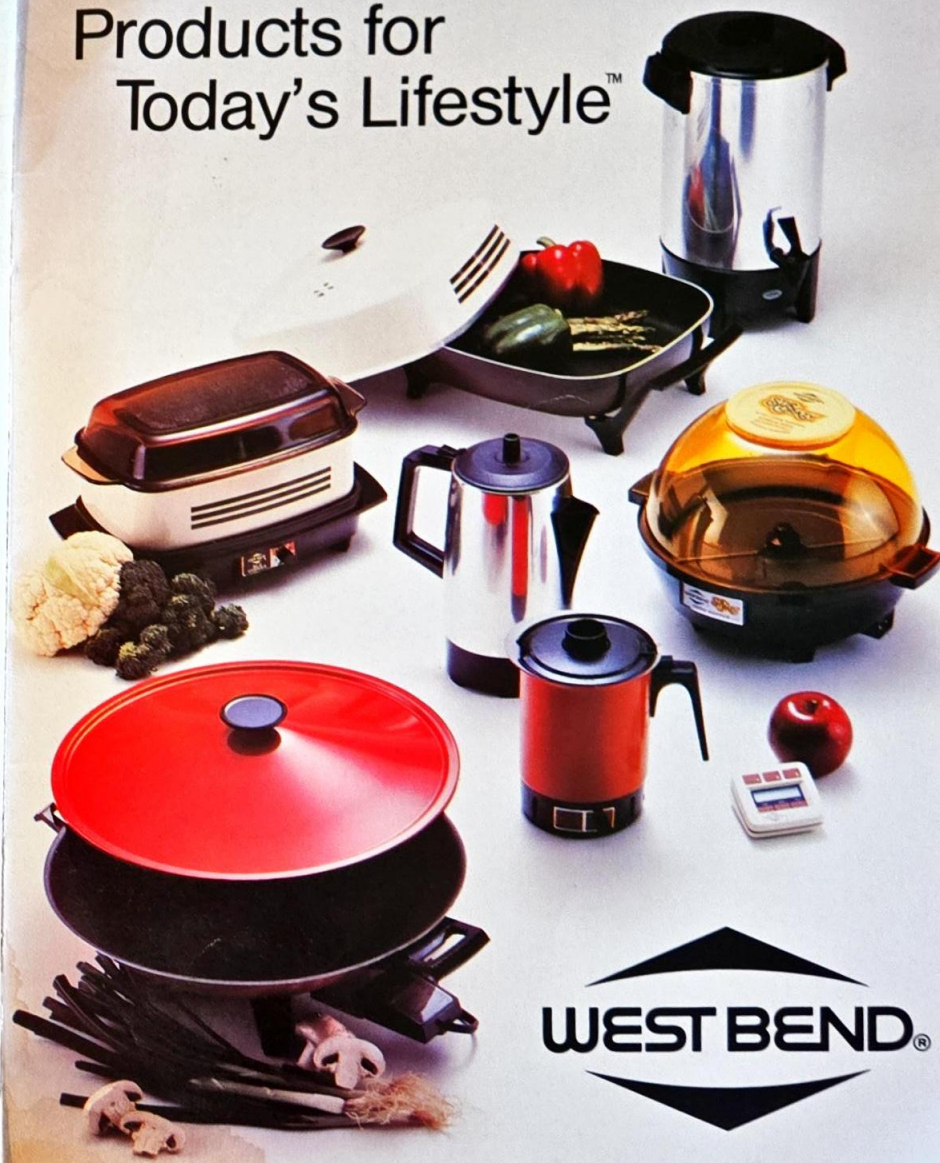
Recipe note: Another time, substitute apricot or peach preserves for the strawberry preserves.

In wok melt butter or margarine over medium heat; stir in Worcestershire sauce, garlic powder, celery salt, and hot pepper sauce. Add nuts; cook over medium heat about 4 minutes or till lightly browned, stirring constantly. Add pretzel sticks and cereal. Toss to coat well; continue to cook over medium heat, stirring constantly, about 1 minute or till slightly toasted. Cool before serving. Makes 6 cups.

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